

LUNCH

TURKEY CLUB SANDWICH

Serves 1 (contains approximately 370 kcal)

INGREDIENTS

2 slices of wholemeal bread
1 teaspoon mayonnaise (5g)
½ teaspoon Dijon mustard (2.5g)
1 ripe tomato
100g cooked turkey slices
25g mixed baby salad leaves

salt (optional)
freshly ground black pepper

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60



METHOD

Spread the two slices of bread lightly with the mayonnaise followed by the mustard.

Using a serrated or sharp bread knife, cut the tomato into thin slices and arrange on top of one of the pieces of bread. Season lightly with salt (optional) and pepper to taste. Cover with the turkey and then cover with a mound of the mixed baby salad leaves on top.

Put the other slice of bread on top and cut the sandwich on the diagonal.

Put the turkey club sandwich on a plate to serve.

GET AHEAD

Once the sandwich is made wrap in parchment paper, then tin foil to pack into a suitable container for a lunchbox.



LUNCH

TUNA PITTA MELT

Serves 1 (contains approximately 400 kcal)

INGREDIENTS

1 round wholemeal pitta bread
80g tin tuna in spring water
1 teaspoon mayonnaise (5g)
1 scallion
1 ripe tomato
15g Cheddar cheese
10g baby spinach leaves

salt (optional)
freshly ground black pepper

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METHOD

Toast the pitta bread in the toaster for 1 minute until puffed up, then leave until cool enough to handle and split one side open using a sharp knife or scissors.

Meanwhile, open the can of tuna and drain off the liquid and discard. Put the tuna in a bowl and mix in the mayonnaise. Season lightly with a little salt (optional) and pepper to taste.

Trim and thinly slice the scallion. Cut the tomato into slices and arrange in the split open pitta then fill with the tuna mixture and the scallion. Using a box grater, grate the cheese and then sprinkle on top.

Heat a frying pan over a medium heat and add the filled pitta bread to it. Cook for 1 minute on each side or until the cheese has melted.

Cut the tuna pitta melt in half and arrange on a plate with the spinach leaves to serve.



GET AHEAD

Once the pitta bread is made wrap in parchment paper and then tin foil and pack in a suitable container for a lunchbox with the spinach in a small separate container alongside. If you want to make it into a melt unwrap the tin foil and cook in the microwave on high for 1 minute or use a sandwich maker if you have access to one.

LUNCH

BUILD YOUR OWN SALAD BOWL

Serves 1 (contains approximately 330 kcal)

INGREDIENTS

50g crisp lettuce, (such as little Gem or Romaine)

50g soft lettuce (such as butterhead or watercress)

175g vegetables (tomatoes, cucumber, carrot, mushrooms, radishes or fennel)

150g cooked turkey or chicken or 200g

tinned drained tuna or 300g cooked

peeled prawns or 2 tablespoons hummus

1 tablespoon vinaigrette salad dressing

(shop-bought or see recipe link – 15g) salt (optional) and freshly ground black pepper

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METHOD

Wash and dry the two types of lettuce leaves and put into a salad bowl and season lightly with salt (optional) and pepper to taste.

Trim and thinly slice vegetables into bite-sized chunks, then add to the salad with the turkey or chicken or tuna or prawns or hummus.

Drizzle the vinaigrette salad dressing over the salad bowl and toss lightly to coat before serving.



GET AHEAD

Layer up the salad in a suitable airtight container or screw-topped jar and finish with your chosen protein (turkey, chicken, tuna, prawns or hummus), then have the salad dressing in a small pot to add just before serving. Bring along a fork to eat.

* This salad is suitable for vegetarians if made with the hummus option.

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LUNCH ACCOMPANIMENT

VINAIGRETTE SALAD DRESSING

Makes 8 servings (contains approximately 65 kcal in each 1 tablespoon serving)

INGREDIENTS

1 small garlic clove

2 tablespoons balsamic vinegar (30g)

50ml rapeseed oil (cold-pressed for a stronger flavour)

1 tablespoon wholegrain mustard (15g)

1 teaspoon honey (5g)

1 teaspoon snipped fresh chives (5g)

salt (optional)

freshly ground black pepper

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METHOD

Use a garlic crusher to crush the garlic or the fine side of a box grater if you find that easier. Put into a screw-topped jar (an old washed out jam jar is perfect). Add the balsamic vinegar, oil, mustard, honey and chives to the jar and season lightly with salt (optional) and add plenty of freshly ground black pepper. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge and use as required.

GET AHEAD

This dressing will last up to 3 days if stored in the fridge.

* Suitable for vegetarians.

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LUNCH

TWICE BAKED JACKET POTATO

Serves 1 (contains approximately 390 kcal)

INGREDIENTS

200g potato, scrubbed (such as Rooster or Maris Piper)
1 teaspoon rapeseed oil (5g)
2 teaspoons sour cream (10g)
1 teaspoon snipped fresh chives (optional) (5g)
20g Cheddar cheese

25g baby spinach or mixed baby salad leaves
salt (optional)
freshly ground black pepper

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METHOD

Preheat the oven to 200C / 400F / gas mark 6. Pierce the potato a couple of times with a fork to prevent it from splitting while it is cooking and rub all over with the oil to help the skin crisp up, then wrap in foil. Place the potato directly on the oven shelf. Bake for 1 hour until slightly softened when squeezed. Either use immediately or leave until cool enough to handle and chill in the fridge for up to 2 days is fine if cooled down and put in the fridge within 2 hours.



To stuff the jacket potatoes, keep the oven temperature the same. Cut each potato in half, carefully scoop out the middle of the potato, leaving the skin unbroken. Place the scooped out potato in a bowl and add the sour cream and chives (optional). Season lightly with a little salt (optional) and pepper to taste.

Arrange the potato shells back on a baking sheet and carefully scoop the mixture back into the shells. Grate over the cheese and bake for 15-20 minutes until piping hot and golden.

Arrange the twice baked jacket potato on a plate with the spinach or baby mixed salad leaves to serve.

GET AHEAD

Keep the cooked jacket potato covered with cling film in the fridge for up to 2 days and once the potatoes have been stuffed with the filling they would keep for another 2 days, again covered with cling film in the fridge. To heat up bake as described above. To transport, store in a suitable microwaveable container and cook on high for 3 minutes until piping hot. Bring along a knife and fork to eat.

* Suitable for vegetarians.

LUNCH

TEX-MEX BEAN SOUP

Serves 4 (each 400ml bowl contains approximately 300 kcal)

INGREDIENTS

1 small onion
1 garlic clove
1 tablespoon rapeseed oil (15g)
1 teaspoon ground cumin
1 teaspoon sweet or smoked paprika
½ teaspoon ground coriander
400g tin black beans (for 240g drained)
200g tin kidney beans (or use ½ 400g tin

for 120g drained)
400g tin chopped tomatoes
500ml water
270g cooked wholegrain brown rice (shop-bought in pouch or leftover made from 100g uncooked)
40g Cheddar cheese
5g fresh coriander leaves
salt and freshly ground black pepper

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METHOD

Heat a saucepan over a medium heat. Cut the onion in half, then peel and finely chop. Peel and crush the garlic. Add the oil to the saucepan and sauté the onion and garlic for 3-4 minutes until softened and lightly coloured. Stir in the spices and cook for another minute.

Meanwhile, drain the black and kidney beans and rinse well under cold running water – you should have 360g beans in total. Add to the saucepan with the tomatoes, rice and water. Season with a little salt and plenty of pepper and bring to the boil, then reduce the heat and simmer for 8-10 minutes until piping hot, stirring occasionally.

Grate the cheese. Ladle the soup into bowls and sprinkle over the cheese. Tear the coriander leaves on top to serve.



GET AHEAD

This soup will keep in an airtight container in the fridge for up to 3 days or frozen for up to 1 month. Bring individual portions of 400ml in a flask or in an airtight container and reheat in the microwave or on a low heat with a saucepan to serve. Bring a spoon if transporting.

* Suitable for vegetarians.

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LUNCH

EGG MAYONNAISE SANDWICH

Serves 1 (contains approximately 310 kcal)

INGREDIENTS

1 large egg
1 scallion
1 teaspoon mayonnaise (5g)
1 teaspoon Greek-style natural yoghurt (3% fat - 5g)
2 slices wholemeal bread
salt and freshly ground black pepper

MACE

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CELEBRATING 60 YEARS OF SERVICE WITH A SMILE



METHOD

Place the egg in a small saucepan covered with water and bring to a simmer, then cook for 10 minutes until hard-boiled.

Meanwhile, trim and thinly slice the scallion. Once the egg is hard-boiled carefully drain it into the sink and run under cold water until cool enough to handle. Crack off the shell and place in a bowl.

Mash the egg with a fork and then season lightly with salt and plenty of freshly ground black pepper. Mix in the mayonnaise and yoghurt and spread on to one of the pieces of bread. Scatter over the scallion and then cut in half on the diagonal and arrange on a plate to serve.



GET AHEAD

Once the sandwich is made wrap in greaseproof paper, then tin foil to pack into a suitable container for a lunchbox.

* Suitable for vegetarians.

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